Monday, July 7, 2014

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No common thread links skydiving deaths: School

Three in a year. Widow wants answers, action after third skydiver dies Saturday in Georgina

The president of a parachute school is defending the facility in the wake of the third death of a skydiver in a year.

Brad Vale, 39, died at the Parachute School of Toronto, in Georgina, on Saturday evening after hitting the ground hard during a high-speed "swoop landing," in which jumpers can touch down at close to 80 km/h.

The man was a highly experienced jumper who had performed swoop landings "many, many times," said school president Adam Mabee.

"There's not a whole lot of margin for error on this kind of landing," Mabee said. "And apparently he got outside of the margin of error on this one."

It was the third death at the facility since June 2013.

"There's nothing common between them — apart, of course, from the skydiving part of it," Mabee said. "They're all substantially different accidents."

The community lost another member in May, when 28-year-old Alana Shamrock, a "relatively experienced" jumper, was killed when her parachute malfunctioned.

Last summer, 42-year-old Igor Zaitsev died after a jump went wrong at the facility.

Zaitsev, an advanced student, crashed into the yard of a house after solo jumping from a plane. He was taken to hospital with serious injuries and later died.

His widow, Tatiana Zaitsev, says she's very upset to hear about yet another skydiving death. She wants Transport Canada, which regulates skydiving facilities, to look at what's happened at the school and review regulations for the extreme sport.

"There are too many accidents there," she said. "I think they need to review all three accidents and make (a) decision about this club."

Mabee said the parachute school will take a look at the latest accident to see if any changes need to be made, but nothing is immediately evident.

"I'm not sure that there's anything that can change, apart from simply stopping it," he said.

TORSTAR NEWS SERVICE

YOU SHALL NOT PARK

Daniel Egan, Toronto's cycling infrastructure manager, is working to keep idle cars off bike lanes, like this one on Simcoe Street. The city is launching a project using its new lanes on Simcoe, Richmond and Adelaide to see if more signage, $150 fines and enforcement blitzes can make painted outlines as effective as a physical barrier. **Story, page 3.**

AARON HARRIS/TORSTAR NEWS SERVICE

New weapon completes A's sweep of Jays

Pitcher Jeff Samardzija gets standing ovations, helps team to 4-2 victory PAGE 21

A year of pain and poise for Lac-Mégantic

Archbishop says town has shown 'dignity and strength' despite great suffering PAGE 6

Joker masters himself to win Wimbledon

metro AR

Mental game critical for Djokovic in denying Federer a record eighth victory PAGE 20

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City tackles illegal bike lane parking alongside pilot project

Year-long endeavour.
As new bike lanes are installed, officials want to keep lanes clear of idle vehicles

Toronto's parking enforcers are looking to put a stop to illegal bike lane parking once and for all.

As the city installs new downtown bike lanes in a year-long pilot project, it will be using a combination of new pavement markings, signage that threatens a $150 fine, and targeted enforcement blitzes to keep the lanes clear of idle cars.

The goal is to make the painted outlines of a bike lane as effective as a physical barrier.

The Simcoe Street bike lane will be the first to "go live," when all the traffic signals and signs are up on July 9. Richmond and Adelaide streets will have bike lanes by the end of July.

"We're going to be doing some pretty heavy enforcement as soon as it's open," said Daniel Egan, the city's cycling infrastructure manager.

"We'll be taking a good accounting of what level of enforcement it takes, what resources, what time, and what number of tickets are given out. We've always had anecdotal evidence, but we've never had anything scientific."

For the first time in Toronto, signs will clearly warn drivers of the $150 penalty for illegal curbside parking. And rather than a single painted line, two lines will form a buffer zone between the bike lane and motor traffic.

Egan said city staff want to see whether physical barriers — for example, the flexible poles on the Sherbourne Avenue bike lane — are necessary. In the winter, for example, special plows are needed if such barriers are in place, driving maintenance costs way up.

"There are some people who think we don't always need to put physical separation, that a higher fine and better markings and enforcement will do the job," Egan said. "We may gradually add other separation devices, but we want to see how this works first."

TORSTAR NEWS SERVICE

In numbers

$150

For the first time in the city, signs will clearly warn drivers of the $150 penalty for illegal curbside parking.

Near Pearson airport

Small blaze forces out hotel guests

Police say hundreds of guests at Holiday Inn on Dixon Road and Carlingview Drive near Pearson airport were forced out of their rooms early Sunday morning, when a fire hose that had been tampered with triggered a small fire, setting off sprinklers. A man is charged.

THE CANADIAN PRESS

Price-tag follow up

Cost of re-keying TDSB locks less than expected

The Toronto District School Board will have to pay at most $160,000 to re-key locks after inadvertently releasing "pin" codes, says TDSB's Donna Quan. Initial estimates had the cost near $700,000. TORSTAR NEWS SERVICE

Pooch gets a ride on the paddle

Tom Hineman brings a new meaning to doggie paddling, as he takes his faithful pooch, Dingo, for a ride on his board Sunday in Toronto. The dog, who is blind, has his own life vest, equipped with a shark fin. DALE BRAZAO/TORSTAR NEWS SERVICE

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Police were seen at a home near Burnhamthorpe Road and Hurontario Street in Mississauga on Saturday. Officers are investigating after a father and his two sons were reported missing early Friday. MARTA IWANEK/TORSTAR NEWS SERVICE

Mystery deepens around missing father and sons

Investigation.
Police aren't ruling out connection to burned bodies found near Barrie

On Sunday, police were not ruling out a connection between the disappearance of three members of a Mississauga family and the grisly discovery of three charred bodies inside a burnt-out vehicle north of Barrie.

Samuel Masih, 36, and his two young boys were reported missing early Friday morning when they failed to return home.

Masih's wife, Brintha Shanmugalingam, called police from the family home at 1:30 a.m. Friday to say her husband and children were going to a movie at 4 p.m. Thursday but hadn't been seen since.

The burned car and charred human remains were found just a few hundred metres from a drive-in movie theatre near Barrie early Friday morning.

Autopsies in that case are scheduled for Tuesday, according to the Ontario Coroner's Office.

Peel Police officers visited the family home near Burnhamthorpe Road and Hurontario Street Friday morning and were later joined by OPP investigators from Caledon, who remained on-scene until 4 p.m. Saturday.

"We are still investigating our missing-persons report and the OPP is doing their investigation, and we will do whatever we can to assist them and make a determination whether there is any connection," Const. Lilly Fitzpatrick of the Peel Police said.

The family drives a grey Toyota Venza SUV, not seen in their driveway or on the street since Thursday, according to area residents.

Junior Sookaran, who coaches the family's oldest son in soccer, told Torstar News Service the couple has been having marital problems lately and were readying for a divorce, a claim repeated by neighbours.

TORSTAR NEWS SERVICE

Toronto Public Health won't fund Parkdale clinic

A long-standing harm-reduction program in Parkdale has lost its funding from Toronto Public Health, leading to concern and an outpouring of support from the community.

Parkdale Community Health Centre operates a harm reduction room that provides clean crack pipes, needles and condoms to drug users, sex workers and other vulnerable people in the neighbourhood in an effort to lower the risk of disease.

The program has been funded almost entirely by Toronto Public Health for most of its 24 years. But this year its application for renewed funding was unsuccessful, and the support ran out on June 30. The health centre collected almost 1,300 names on a petition, appealed the decision and presented its case at Monday's board of health meeting, again unsuccessfully.

Toronto Public Health's Jann Houston would not comment on the specifics of the decision not to renew Parkdale's funding, but urged the clinic to apply for the next round of funding.

Bronwyn Underhill, of the centre, says the clinic has been able cobble together some funding from other sources and expects to continue running the program.

"But that being said, we do need to find another funding source because what we've put together is on a very limited basis, and we had to reduce the service anyways to be able to keep running it."

One staff member was let go and hours were reduced for the remaining peer-support workers. Underhill says one reason the program was denied funding was high staff turnover, but she says that's typical in this kind of work.

TORSTAR NEWS SERVICE

Early Sunday morning

36-year-old killed in shooting

A man identified as Rala Federick, 36, died after a shooting early Sunday morning near Dundas Street East and George Street.

Police are looking for one suspect, who they believe approached Federick and another man, then allegedly shot them with a handgun. The other man suffered minor injuries.

TORSTAR NEWS SERVICE

New research

Ontario opioid deaths jump

The rate of opioid-related deaths has skyrocketed in Ontario, jumping 242 per cent in 20 years, researchers from the Institute for Clinical Evaluative Sciences and St. Michael's Hospital found. The jump has been most pronounced for young adults. TORSTAR NEWS SERVICE

Desperate housewives, Act 2

Megan MacDonald and Simu Liu perform in Allegra, a play that centres on a bored housewife's affair with a graduate student, Sunday at the Annex Theatre. The play is part of the Toronto Fringe Theatre Festival, which runs until July 13. For showtimes, go to fringetoronto.com.

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Six arrests made in slaying of teen

Israel. Leaders of the Middle Eastern state appealed for calm amid signs the Palestinian teen's death was a revenge murder

Israel arrested six Jewish suspects Sunday in the grisly slaying of a Palestinian teenager who was abducted and burned alive last week — a crime that set off a wave of violent protests in Arab sections of the country.

An Israeli official said there were six suspects and described them as young males.

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed," Prime Minister Benjamin Netanyahu said in a nationally televised statement.

He promised to prosecute those responsible to the full extent of the law.

The region has been on edge since three Israeli teens — one of them a U.S. citizen — were kidnapped while hitchhiking in the West Bank last month. Last week, the teens' bodies were found in a West Bank field in a crime Israel blamed on the militant group Hamas.

Palestinians accused Israeli extremists of killing the Palestinian youth in revenge. And on Sunday, Israeli authorities said the killers had acted out of "nationalistic" motives.

THE ASSOCIATED PRESS

'Murder is murder'

"We will not allow extremists, it doesn't matter from which side, to inflame the region and cause bloodshed."

Israeli Prime Minister Benjamin Netanyahu.

Dalai Lama greets Richard Gere

Tibetan spiritual leader the Dalai Lama greets actor Richard Gere before teachings on the fourth day of Kalachakra near Leh, India, on Sunday, which marked the birthday of the Tibetan leader. Buddhist devotees from across the globe have arrived in the Himalayan region of Ladakh to attend the Kalachakra or Wheel of Time initiations by the Dalai Lama, which began Thursday. TSERING TOPGYAL/THE ASSOCIATED PRESS

Iraq. Video purportedly shows militant leader of Islamic state group

Iraqi officials are working to determine the authenticity of a video that purportedly shows the leader of the Islamic extremist group that has seized large swaths of the country delivering a sermon this week in the nation's second-largest city, authorities said Sunday.

The 21-minute video said to show Abu Bakr al-Baghdadi, the head of the Islamic State group, was reportedly shot on Friday at the Great Mosque in the northern city of Mosul. It was released on at least two websites known to be used by the organization and bore the logo of its media arm.

Iraqi military spokesman Lt. Gen. Qassim al-Moussawi told reporters Sunday the country's security services are still analyzing the video to verify whether the speaker is indeed al-Baghdadi, and that the government will "announce the details once they are available."

The purported appearance in Mosul, a city of some 2 million that the militants seized last month, came five days after al-Baghdadi's group declared the establishment of an Islamic state, or caliphate, in the territories it has seized in Iraq and Syria.

The group proclaimed al-Baghdadi the leader of its state.

A senior Iraqi intelligence official said an initial analysis indicated that the man in the video is al-Baghdadi.

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Lac-Mégantic remembers

One year later.
Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnes Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

In memoriam

"We will never forget the victims whose names are etched in stone."
Quebec Premier Philippe Couillard

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A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

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Firefighter who died in line of duty was 'a real hero': de Blasio

New York City. Lt. Gordon Ambelas died Saturday after suffering multiple injuries while battling a blaze, officials said

Lt. Gordon Ambelas is the first city firefighter to die in the line of duty in more than two years. NYFD/THE ASSOCIATED PRESS

The Fire Department of New York is mourning the death of a lieutenant who became trapped while looking for victims in a public-housing high-rise blaze, the first city firefighter to die in the line of duty in more than two years.

Lt. Gordon Ambelas died Saturday after suffering multiple injuries while on the 19th floor of the 21-storey building in the Williamsburg section of Brooklyn, officials said.

"We lost a real hero tonight and our hearts are heavy," Mayor Bill de Blasio said.

Fellow firefighters found Ambelas unconscious and carried him out of the building. They worked with emergency rescuers to try to revive him, but he died at a hospital, the mayor said.

"Ambelas went into the apartment to search for life and did not come out, and by the time his brother firefighters found him, it was too late for him," Fire Commissioner Daniel Nigro said.

It is the department's first line-of-duty death since Lt. Richard A. Nappi was killed fighting a Brooklyn warehouse blaze in April 2012.

Ambelas is the 18th to die since 343 firefighters perished in the Sept. 11, 2001, terrorist attacks that destroyed the World Trade Center.

The fire broke out around 9:30 p.m. Saturday in an apartment on the 19th floor of the building that is part of the six-building Independence Towers complex owned by the New York City Housing Authority. Flames then spread to the 17th and 18th floors.

Two other firefighters were treated at Bellevue Hospital for minor injuries. Two residents were treated at the scene for minor injuries.

THE ASSOCIATED PRESS

Still missing. Calgary police continue search for boy and grandparents

Police say a man who was questioned in connection with the disappearance of a five-year-old Calgary boy and his grandparents has been released.

Calgary police say he remains a "person of interest" and several police units will continue to search a residence connected to him on the outskirts of Airdrie, northeast of Calgary.

Investigators say that, given the size of the property, the search is likely to continue throughout Sunday and into Monday as they search for clues in the disappearance a week ago of Nathan O'Brien and his grandparents — Alvin and Kathy Liknes.

Acting on a tip, police arrived at the property late Friday night and found a green Ford F-150 truck similar to one spotted in a video taken near the Liknes home.

Police say they are trying to determine if the truck, the property, or the man taken in for questioning, are linked to the investigation.

Nathan and his grandparents disappeared on Monday after the couple held an estate sale, and police have said there was evidence of a violent incident in the Liknes's home.

Police say they want to hear from anyone who has any information regarding the whereabouts of the missing people or recognizes the pickup that was captured on video in the area of the grandparents' home.

THE CANADIAN PRESS

Rudniki Airport

Plane crash kills 11 in south Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people — parachuting instructors and students and the pilot of the plane.

The Piper Navajo plane was carrying 12 people when it crashed and burst into flames in an orchard Saturday just minutes after taking off from Rudniki Airport in southern Poland. One person was injured. Identities of nine of the victims are pending DNA testing.

Tomasz Ozimek, a spokesman for the prosecutor in Czestochowa, said the criminal investigation aimed to determine whether foul play was involved.

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Riding out stock peaks and valleys

HOW TO ROLL
Alison Griffiths
metronews.ca

It took only six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put $100 into the TSX Composite Index six years ago you would have $100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same $100 invested in June 2008 would be worth nearly $123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

Just the stats

The best and worst TSX Composite Total Return Index:

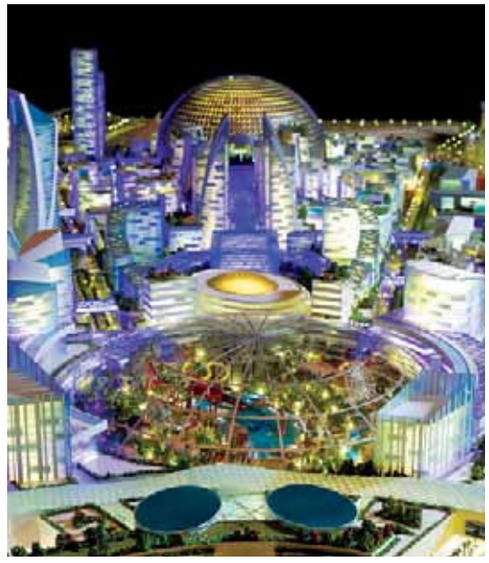
- **Best 10 years:** 1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:** 2000-10 — 2.84 per cent average annual return

1. Dividends matter
Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

2. Time matters
Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters
It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts the Eaton Centre to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheik Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

THE ASSOCIATED PRESS

Detroit bankruptcy

Yea or nay in vote, pensions to hit the skids in Motor City

The most anticipated vote in Detroit this summer isn't for a city office.

Instead, ballots due by Friday from city retirees could determine how quickly Detroit exits its historic bankruptcy and how much of the financial weight pensioners will bear.

Non-uniformed retirees are being asked to take a 4.5 per cent pension cut and no cost-of-living allowances. Police and fire retirees are faced with reduced cost-of-living payments.

Their pension boards have joined Gov. Rick Snyder and state-appointed emergency manager Kevyn Orr in seeking "yes" votes on the plan.

Voting "no" could result in deeper cuts for the city's 32,000 retirees and current and former city workers.

All classes of creditors, including banks and bond insurers, also must vote by Friday on the aspects of Orr's debt restructuring plan that affects them.

THE ASSOCIATED PRESS

Bouchard's loss. Turns out second *is* the first loser for lucrative sponsorship deals

Eugenie Bouchard's loss to Czech Republic's Petra Kvitova in the Wimbledon women's final on Saturday may have cost her millions in sponsorship income, according to experts who say the Canadian tennis star would have landed numerous seven-figure deals had she won.

"Champions (project) hard work, humility, perseverance, and those are all qualities and attributes other brands like to associate with," said Vijay Setlur, who teaches sports marketing at York University.

While the Westmount, Que., native did reach the final — the furthest a Canadian has ever gone at the world's most prestigious tennis competition — it only showed the 20-year-old has potential, and that is not enough, Setlur said.

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Pursuing A Career – Why College? Ashley Evans Time: 11:45 to 12:15
How to Start a Business Raffi Varlonian & Jasha Page Time: 1:45 to 2:15
Networking Navigating Post-Secondary Education: The Top 10 Questions You Should Ask Johanne Hayes Time: 3:30 to 4:00
IELTS – Tips for your next step. Dave Hamilton Time: 12:15 to 12:45
Resumes and Interviewing Strategies Ozzie Saunds Time: 2:15 to 2:45
Steps to Achieving your CPA designation Lori Dalton Time: 4:00 to 4:30
Winning ways – the formula for your job search success Sujay Vardhmane Time: 12:45 to 1:45
Positioning yourself effectively for a job in the Canadian finance and banking industry Sathsan Srikrishnan Time: 4:30 to 5:00
Networking How To Build Relationships That Count Colleen Clarke Time: 3:00 to 3:30
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DROP FORD FOCUS, CANDIDATES

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Most eyes were on Mayor Rob Ford last week as he made his triumphant (or whatever) return from rehab, but there was an interesting sideshow to that main stage circus act.

As the mayor went on his comeback tour, his leading challengers in the mayoral race spent the week getting into a bit of a tiff over their respective calls for him to resign.

It started with John Tory, who has been very clear from the beginning. He thinks Ford should step down.

And he's got a decent point.

If Ford's behaviour doesn't warrant a call for his resignation, what the heck would it take? High treason? Arson? Kicking a small puppy then laughing about it?

Olivia Chow, on the other hand, didn't outright call for Ford's resignation until last Wednesday, after the Tory campaign had spent several weeks up until then deriding Chow for not jumping on the resignation bandwagon. Taking aim at Chow, Tory spokeswoman Amanda Galbraith said Chow's delayed response demonstrated a "serious failure of leadership on her part."

Lurking under all this is an undercurrent of nasty, cynical politics — the kind that can only come with our dusty old first-past-the-post voting system. The mayoral polls over the last month have shown a pretty clear trend, giving Chow a strong lead with Ford, Tory, Karen Stintz and David Soknacki in the race. Remove Ford from the equation, however, and Tory and Chow are basically tied for first place.

Some pessimistic observers have tied these polls to Chow's unwillingness to call for Ford's resignation. With Ford firmly ensconced in the mayor's office and continuing to run for re-election, the theory goes, Chow benefits from a split vote. So it's in her best interest to do what she can to keep Ford in the race.

The problem with that theory is that Ford simply won't resign. Probably ever. The Chow campaign doesn't need to do anything to keep him in the race because Ford isn't going anywhere. It's just about the only thing we can trust him on. If he's made it this far without hitting the eject button, why not go further?

But I will say this: If there are any voices in the Chow campaign team talking about strategy that includes keeping Ford competitive to engineer a Chow victory, they should think twice. You play with that kind of fire and the whole city could get burned.

Besides, the better, smarter strategy would be for candidates to stop with the Ford focus and simply talk more about substantive, realistic, affordable ideas for this city.

Because, sure, Ford should resign, but he won't. So all his opponents can and should do is tell us why they should be the one to beat him in October.

JUMPING WITH THE BULLS

metro AR

A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE CANADIAN PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.

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In this issue, you can find AR enhancements on page 6 in News, page 12 in Scene and page 20 in Sports

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inches (12.66 metres).

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said.

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

THE ASSOCIATED PRESS

metro

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Ebooks

Seamus Heaney: Five Fables

By. Robert Henryson

iPad

●●●●●

MIND THE APP
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Billy Connolly (Brave, Lemony Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

THE CANADIAN PRESS

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has "turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and ... if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress.

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.

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Cruz cleans up as OITNB's feisty Flaca

'They liked me!' Actor thought she'd appear in only one episode of Netflix show, but is now shooting Season 3

RACHEL LEE
Metro in New York City

Jackie Cruz, otherwise known as Flaca from Netflix hit series Orange is the New Black, is a fan favourite for her spunky attitude and killer eyeliner. We sat down with her at the Uberliss Braid Bar in New York City's Paramount Hotel to talk about life both inside and outside of Litchfield, a fictional U.S. women's prison. Here is our edited interview:

Did you realize the show was going to become so big?
No! No, I really thought the episode in Season 1, where I fight Taystee for a King Kone ice cream ... was going to be my only episode.

They write (the show) as they go, so I guess they liked me. (We've been shooting Season 3) just this month, so we don't know a lot yet. I'm ready!

I told my friend, "I can't wait to go to work. I just have so much fun," and she was like, "I want to have fun at my job." She's a nurse.

Do the friendships on the show translate off-screen?
They're legit friendships, yeah. I hang out with Diane (Guerrero) a lot — we go shopping, we have lunch. Dash (Dascha Polanco) and I love to dance. I was (Danielle Brooks') date the other day for the Third Person premiere. I was like, "Who did you invite first?" and she told me, "No, you're my homie! You're the first person I called."

I go bowling with Taryn (Manning) and Emma (Myles). And Soso — Kimiko (Glenn). She's so much fun, I love her.

What beauty products would you smuggle into prison?
I can't live without my eyeliner or lipstick — Ruby Woo from MAC — and under-eye cream for puffies. On the show they use Kat Von D Tattoo eyeliner. I usually wear just the eyeliner, maybe if I need to cover up a pimple here or there.

Jackie Cruz, third from right, plays Flaca Gonzales with a spunky attitude on Orange is the New Black.
JESSICA MIGLIO FOR NETFLIX

Flaca wears her eyeliner like lipstick, which is kind of cool — she likes that gothic situation. I always sleep with a sleeping mask, so they use maxi pads with little rubber bands on them.

Are you and Flaca similar?
We definitely have some similar characteristics. She loves music and so do I — I'm a musician. She has a feistier attitude than me, and I love playing her, because I could never be that in real life.

Quoted

"I love playing (Flaca), because I could never be that in real life."
Jackie Cruz, actor

I have a friend who *is* Flaca ... I imitated her for two years before I even got the role ... so when they told me, "Flaca is a feisty Latina," I went in there pretending to be her, and I got the part.

(Flaca's on-screen kiss) was one of the best moments on set for me, because we got to see her vulnerable side. Being in prison, and your boyfriend not coming to visit, when maybe she's in there because of him, I would be devastated.

And Maritza — we're friends on and off the show, so it was nice to have that moment with her. It was my favourite scene, besides the mock fair.

You almost won!
You know, I tried to get a job by being flirty … it happens, sometimes.

Downton Abbey

No end in sight for hit show: Creator

Good news for Downton Abbey fans: show creator Julian Fellowes hints that he expects there will be a sixth season.

With the fifth season due to air sometime this year, Fellowes tells Harper's Bazaar that he doesn't see an end in sight for the series. "I would be amazed if there wasn't another (season) after (this one)," Fellowes says.

"There's certainly enough material. The mid-1920s was a period of massive upheaval as the upper classes realized their lives would never return to their pre-war ease, and women and the working class saw society slowly open up."

THE CANADIAN PRESS

Michelle Dockery as Lady Mary in Downton Abbey. CONTRIBUTED

Bill Clinton

New musical sheds light on former president

It's tough being Hillary Clinton. Her book's a flop, she's angered ordinary Americans with crass remarks about money and now her husband's sex life is a New York musical.

The lofty ideals and sordid scandal of the eight-year Clinton White House have been rolled into a two-hour, two-act musical satire making its US premiere in the Big Apple on July 18.

Looked upon affectionately as one of America's best presidents despite his human flaws, Clinton treads the boards played by two characters: super-smart statesman William and bed-hopping Bill.

"Sunday morning" Bill dreams of universal health care, welfare reform and transforming the United States for the better but "Saturday night Bill" gets sidetracked by womanizing.

AFP

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Drake PHOTOS: GETTY IMAGES

The Motto for Drake should be no Kanye

Drake may want to take a bit more care in selecting his next substitute to help out while he's felled by his current mystery illness. The rapper had to bow out of a recent appearance at the Wireless Festival in London and figured he'd make it up to the crowd by sending Kanye West in his place, according to Pitchfork. Except West had other ideas about how to spend the evening. West, who performed with an odd-looking mask obscuring his face, stopped the show for one of his standard 15-minute rants, his auto-tuned words accompanied by the sound of a piano and booing audience members. From what West was saying, it sounds like he's still holding some grudges in the fashion world. "I'm not going to call no names, I'm not going to say Nike or anything. I'm not dissing Louis Vuitton, I'm not dissing the Gucci group and s–," he shouted. "I'm just saying, don't discriminate against me because I'm a black man, or because I'm a celebrity, to determine that I can't create. Cause, you know, no black guy or celebrity's making no Louis Vuitton nothing." Duly noted. And someone should get the folks at the Oxford English Dictionary on the phone, because West has a few suggestions for new entries: "If believing in yourself is so, so, so wrong, and the other side is so, so, so, so strong in trying to beat down, and demonize and dishumanize — and I don't know if that's a word or not, and if it's not a word, then I said it's a f–ing word." And so it shall be.

Demi Lovato

Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to Hollywood Life. Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic tweet: "Swimming away from the bulls— bye b–h." According to sources, Lovato — who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source says.

The Word

Adam Levine: He's not like the rest of us

STARGAZING
Malene Arpe
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Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in The Fault in Our Stars. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their balaclavas.

The producers of Better Call Saul, a pre-Breaking-Bad-timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in Really Boring Things Involving People Named Jennifer: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list. 3) Jennifer Hudson wears a short leather dress at the BET Awards. 4) Jennifer Love-Hewitt joins the cast of Criminal Minds.

Things that will not be happening: 1) Constantine smoking cigarettes in the upcoming TV series. 2) Zendaya playing Aaliyah in the Lifetime biopic. 3) Shia LaBeouf ever dining at California restaurant The Local Peasant again after casually peeing on a wall. 4) Michael Bay ever ceasing to make Transformers movies. 6) Anyone tiring of seeing David Beckham modeling tight underwear.

Jessica Simpson

Old married Jessica won't be acting like a Newlywed

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to Good Morning America earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and pregnant."

Bieber soothes heartache with boats and booze

Justin Bieber

You might have had a pretty fun time this weekend, but Justin Bieber was on a boat, so there. The pop star returned to his favourite city for getting into trouble, Miami, and boarded a yacht for a private party filled with booze and scantily clad women. Not that he's trying to prove a point or anything. Photos show the 20-year-old slugging back beers, entertaining guests and wearing several types of hats but exactly zero shirts. The only thing missing from the party? On-again, off-again girlfriend Selena Gomez, who was living it up back in Los Angeles, celebrating the 4th of July at a party at Mastro's Ocean Club in Malibu. But sources say the separation wasn't Bieber's idea, as he reportedly asked Gomez to spend the Fourth with him but she told him to buzz off.

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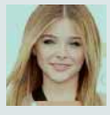
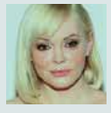


@ChloeGMoretz
it's crazy how things change so quickly, it's like you blink and the world's changed, time is a very very strange thing



@rosemcgowan
What is it with dogs and underwear?! Heathens!

@ArsenioHall
Go watch some live stand up tonight. Wherever you live in America, there is pure laughter nearby.

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit
Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control
Expenses have a tendency to creep up, Up, UP. And if you aren't paying close attention, they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans
What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund
Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive
Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a $400,000 house — that's $80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt
If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to be done with debt.

Using debt to repay debt
If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually.

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The great Canadian car share

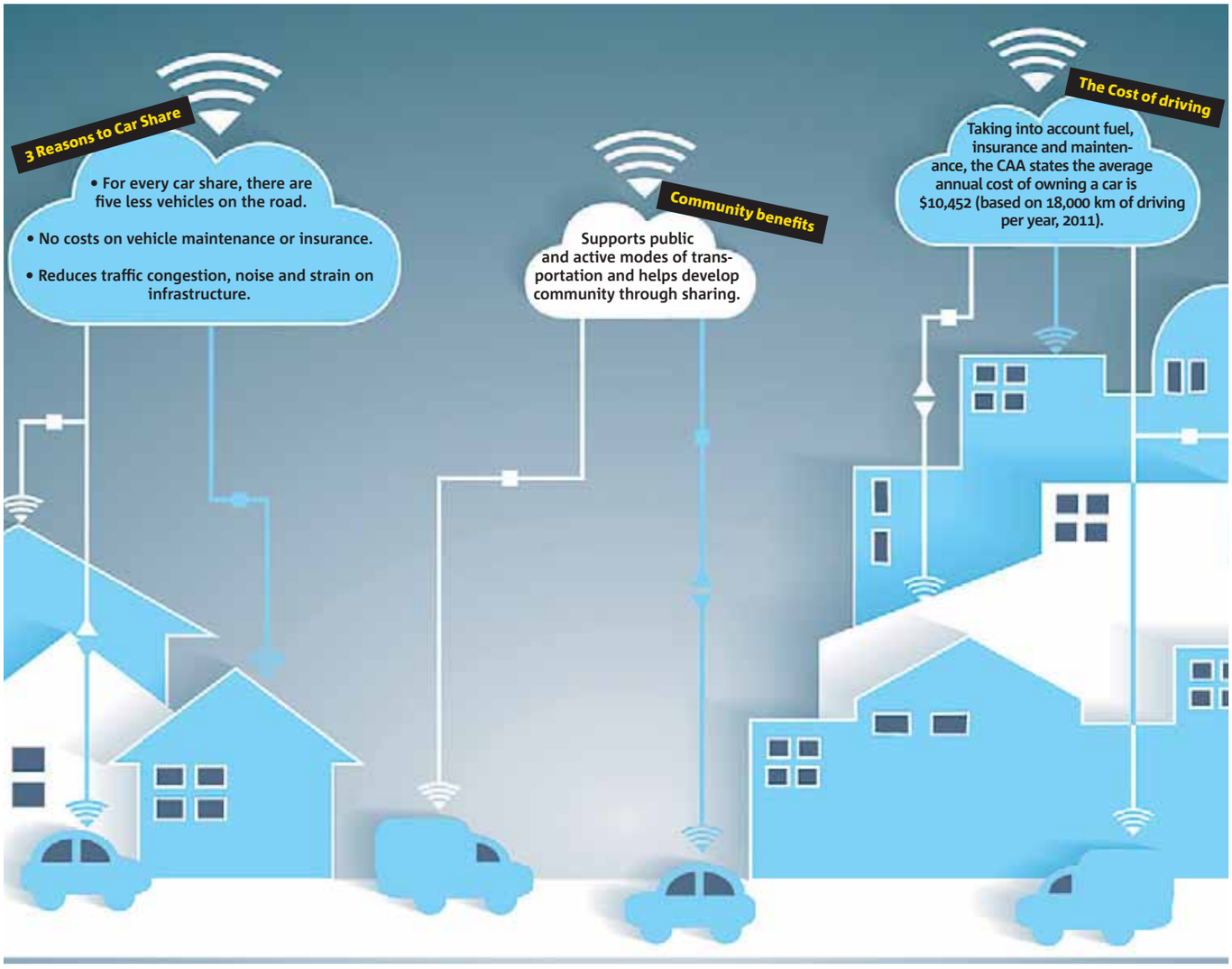
Rallying the roads. Drivers are opting for a more fuel efficient and environmentally friendly way to ride

STEVE GOW
Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as $5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca


3 Reasons to Car Share
• For every car share, there are five less vehicles on the road.
• No costs on vehicle maintenance or insurance.
• Reduces traffic congestion, noise and strain on infrastructure.
Community benefits
Supports public and active modes of transportation and helps develop community through sharing.
The Cost of driving
Taking into account fuel, insurance and maintenance, the CAA states the average annual cost of owning a car is $10,452 (based on 18,000 km of driving per year, 2011).

Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely $7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as $8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

A summer masterpiece: Chicken with Watermelon, Avocado and Feta Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. ROSE REISMAN

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Ingredients

Salsa

- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

2. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken, turning half way just until cooked or internal temperature reaches 165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.

Nutritional information

Per serving

- **Calories.** 210
- **Carbohydrates.** 5 g
- **Fibre.** 0.8 g
- **Protein.** 23 g
- **Total fat.** 8.7 g
- **Saturated fat.** 3.2 g
- **Cholesterol.** 63 mg
- **Sodium.** 320 mg

This recipe serves four. ROSE REISMAN

The sweetest way to beat the heat

In the heat of summer, a bowl of hot soup is the last dinner choice to come to mind.

However, a chilled fruit soup is not only refreshing, but a light and nutritious way to start a meal. This Cold Mango Soup is creamy, flavourful and only contains 99 calories and three grams of fat per serving.

If you want the beautiful swirl on top of each bowl, just add a quarter of a cup of light yogurt to a small baggie.

Using a pair of scissors, cut a very small hole in the corner of the bag.

Ladle the soup into bowls and squeeze the yogurt in straight lines across the soup.

Drag a toothpick from one end of the soup through the lines to the other.

1. In a nonstick saucepan, heat oil over medium heat. Add onions and garlic; cook, stirring 4 minutes or until browned.

2. Add stock. Bring to a boil; reduce heat to medium-low and cook 5 minutes or until onions are soft.

3. Transfer mixture to a food processor. Add 2 cups of the mango. Purée until smooth. Stir in remaining chopped mango.

4. Chill 2 hours or until cold. Serve with a dollop of yogurt or make the design as described in the introduction and garnish with a mint leaf.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1/2 cup chopped onions
- 2 tsp minced garlic
- 2 cups vegetable or chicken stock
- 2 1/2 cups chopped ripe mango (about 2 large)

Garnish (optional)

- 2% plain yogurt
- Mint leaves

Pre-college students get a final push

'Summer melt.' Money problems, housing issues and other details cause many students to abandon higher education plans

Daisha Tankins, 19, works as a peer counsellor at a drop-in centre in St. Louis that helps low-income students stay on track and make the transition to college. JEFF ROBERSON /THE ASSOCIATED PRESS

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said.

But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said. "What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than $100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention. For just $7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"

Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

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Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

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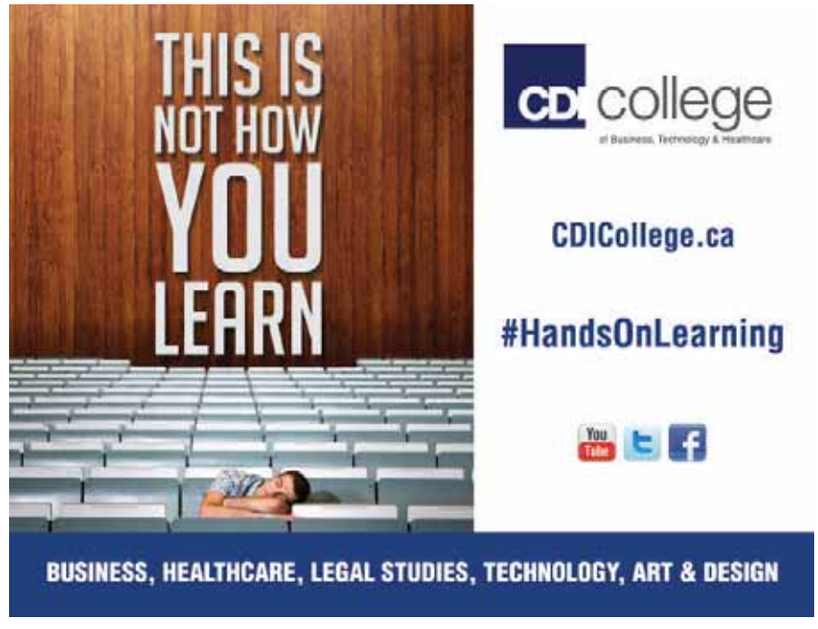

Let a mentor be your guide to success

Every Day Connect campaign. 66 per cent of professionals say personal relationships have helped them in their careers

LAKSHMI GANDHI
Metro World News

Navigating the world of business can be tough — especially when you are in the early stages of your career. Finding a mentor can be a key to success.

Enter the Every Day Connect campaign, a new project sponsored by Fairfield Inn and Suites as a way to support the connections between young professionals and the mentors who have encouraged them.

"I think mentorship is important to everyone, but a lot of people are afraid to reach out," says Fairfield Inn's Vice President of Global Brand Management Shruti Buckley.

"But right now the workforce is so competitive, so it's more important than ever to build those relationships."

A survey commissioned by Fairfield revealed that 66 per cent of professionals say personal relationships have helped them in their careers. We talked to four young entrepreneurs who are serving as ambassadors for Every Day Connect — and who were all named to the Forbes 30 under 30 list in 2014 — for their suggestions on how to foster a strong mentoring network.

Don't think of it as formally finding a mentor

Kane Sarhan, who co-founded Enstitute, a program that matches young people with entrepreneurial apprenticeships, says the best mentoring relationships come about organically. "We find with a lot of our students, mentors just develop naturally once you find someone you connect with," he says. "Those really strong personal relationships really are long lasting."

A mentor can help while you navigate a new career. ISTOCK

Find someone you can bounce ideas off of

"It's always good to have different people, opinions and perspectives around," explains Eden Full, the creator of SunSaluter, a device that makes solar panels more efficient. Full says her mentor has been instrumental in the early growth of her company. "Just talking things through and weighing the pros and cons was really key to making the right decisions," she says.

Be persistent without being annoying

Full also stresses that you shouldn't give up if there is a particular person you want to connect with. "If someone doesn't respond to your email (right away), there are so many reasons why," she points out. At the same time, remember to respect your mentor's time. "Be humble and assertive, but not necessarily aggressive," says Meg Gill, an executive with Golden Road Brewing.

Don't be afraid to reach out

If you are shy about approaching someone in your field, don't be. Fairfield's survey reveals that 77 percent of employed adults said they were willing to help new grads find work. But it's important that young people show that they are serious. "I didn't go out looking for mentors," says Gill. "I went out looking to learn. A lot of people don't just let someone come up to them, so you have to be passionate about something."

Let your mentor know the impact they've had

Always remember to let your mentors and advisors know that you appreciate them. "I'm constantly showing gratitude towards my mentors," says Sarhan. "A lot of times, one problem with my generation is the lack of humility," says the 26-year-old. He points out doing things as simple as sending thank you cards, birthday presents and just calling to catch up can go a long way.

You should be working to help your mentor, too

Mentoring isn't a one-way street. Mark Arnoldy is the Executive Director of Nyaya Health, which works to bring health care to remote parts of Nepal. He says younger workers shouldn't discount their unique take on the world. "If you are sincere in your generosity, great things will come your way and networking can be a source of joy rather than something slimy and shallow," he says.

Quoted

"Just talking things through and weighing the pros and cons was really key to making the right decisions."

Eden Full, explaining the benefit to having a mentor while being an entrepreneur

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Joker gets last laugh in Wimbledon final

Back on top. No. 1 Djokovic wins four-hour match against Federer for his seventh Grand Slam title

Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from Wimbledon this past weekend.

→ See the full instructions on Metro's Voices page.

metro AR

Horse racing

Lexie Lou wins $1M Queen's Plate

Filly Lexie Lou won the $1 million Queen's Plate on Sunday at Woodbine, beating Ami's Holiday by 1-1/2 lengths in the first leg of the Canadian Triple Crown.

The Woodbine Oaks winner, ridden by Patrick Husbands, ran 1-1/4 miles in 2:03.94 on the polytrack to give trainer Mark Casse his first Plate victory.

"I've been following the Queen's Plate since I was a little boy and so to finally win it, I just pinch myself," Casse said. "I thought we'd win it sooner or later. I knew I wasn't going to give up."

Husbands also won the Plate in 2003 when he guided Wando to the Canadian Triple Crown.

"I breezed this filly Saturday and when I pulled her up I started crying because I couldn't believe I had another Queen's Plate winner," Husbands said. "On the way back to the barn I told the assistant, 'Could you tell Mark I don't think they will beat this filly.'"

THE ASSOCIATED PRESS

Jockey Patrick Husbands raises his arms in victory aboard Lexie Lou after winning the Queen's Plate at Woodbine Racetrack on Sunday. THE CANADIAN PRESS

Jeff Samardzija of the Oakland Athletics reacts after the A's turn a double play to end the first inning against the Blue Jays on Sunday in Oakland. Samardzija was pitching his first game for the Athletics. EZRA SHAW/GETTY IMAGES

Samardzija helps A's sweep Blue Jays in Oakland debut

MLB. Toronto goes 0-for-18 with runners in scoring position in four-game series

On Sunday

Athletics	Blue Jays
4	2

Jeff Samardzija arrived at the ballpark nearly five hours before making his first start with his new ballclub.

The right-hander left having secured a four-game sweep for Oakland with a performance that showed exactly why the Athletics were so eager to get him in a trade with the Chicago Cubs.

Samardzija pitched seven strong innings to win his Oakland debut and the A's beat the Toronto Blue Jays 4-2 on Sunday.

"First impressions are always important," said Samardzija after lowering his overall ERA to 2.74.

"Like I said yesterday, they didn't need me here. They were doing just fine without me. I don't want to come in and change anything and change the atmosphere. I just want to come in and add, and do my part," he said.

He did just that, giving up four hits and one run with five strikeouts and one walk while earning his first win since June 7.

Toronto got a stellar outing from starter Drew Hutchison but for the fourth straight game had little success offensively. The Blue Jays went 0-for-18 with runners in scoring position during the series.

They didn't have many opportunities against Samardzija and two relievers. Toronto managed just four baserunners over the final eight innings and had only two get past first base.

"We got shut down bigtime," said Blue Jays manager John Gibbons after his club was outscored 14-4 in the four-game sweep. "We're just not very good right now. We're just not producing."

Hutchison (6-7) struck out four and walked two in his first career start against the A's. THE ASSOCIATED PRESS

All-Star selections

Joey Bats tops voting

Toronto Blue Jays outfielder Jose Bautista is heading to the all-star game in Minnesota as the leading MLB vote-getter for the second time in four seasons.

Bautista is one of three Blue Jays to be named to the AL all-star team, with first baseman Edwin Encarnacion and left-hander Mark Buehrle also making the cut.

Bautista, the captain of the AL squad at the 2014 Home Run Derby, leads the AL with a .423 on-base percentage, is seventh with 56 runs scored, and tied for 10th with 17 home runs.

Encarnacion, who injured his right quadriceps in Saturday's game against the Oakland Athletics, was chosen by AL all-star team manager John Farrell as a reserve. Encarnacion has 26 home runs and 70 RBIs through 88 games.

Buehrle was selected through the player ballot. He is 10-6 with a 2.60 ERA. THE CANADIAN PRESS

MLB

All-Stars named

All-Star Game AL starters elected by fans are Detroit's Miguel Cabrera, Oakland's Josh Donaldson, Toronto's Jose Bautista, the New York Yankees' Derek Jeter, Seattle's Robinson Cano, Baltimore's Adam Jones and Matt Wieters, and the Los Angeles Angels' Mike Trout.

Elected to the NL starting lineup are Arizona's Paul Goldschmidt, Philadelphia's Chase Utley, Colorado's Troy Tulowitzki, Milwaukee's Aramis Ramirez, St. Louis's Yadier Molina, Milwaukee's Carlos Gomez, Pittsburgh's Andrew McCutchen of Pittsburgh and the Los Angeles Dodgers' Yasiel Puig. THE ASSOCIATED PRESS

MLB

N.Y. reels in pitcher

The New York Yankees have bolstered their rotation by acquiring right-hander Brandon McCarthy from Arizona. The Diamondbacks are also sending New York cash in Sunday's deal for left-hander Vidal Nuno. THE ASSOCIATED PRESS

World Cup. Brazil's crowds rank second in history

World Cup attendances are set to achieve the second-highest average in tournament history.

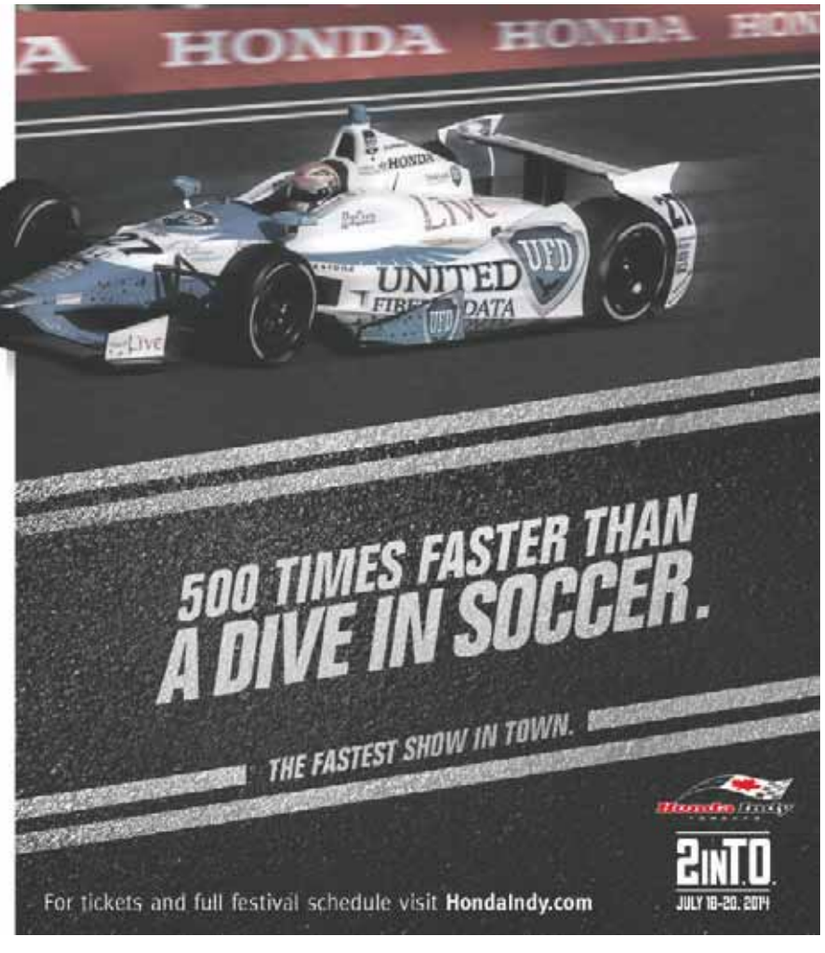
FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended the 52 matches in a 24-team tournament.

More than 3.16 million spectators have attended in Brazil, with stadiums filled to 98.3 per cent capacity, FIFA says. THE ASSOCIATED PRESS

In control of their destiny

Brazil forward Willian controls the ball during a training session in Teresopolis on Sunday. Brazil will face Germany Tuesday in a World Cup semifinal after defeating Colombia 2-1 on Friday. Netherlands will face Argentina in the other semifinal on Wednesday, after beating Costa Rica on penalty kicks. VANDERLEI ALMEIDA/AFP



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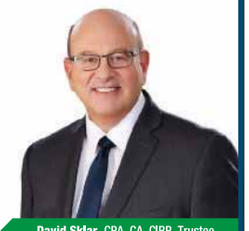

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

♉ Taurus
April 21 - May 21
Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

♊ Gemini
May 22 - June 21
There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

♋ Cancer
June 22 - July 23
If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

♌ Leo
July 24 - Aug. 23
You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

♍ Virgo
Aug. 24 - Sept. 23
You can make yourself happy or sad — the choice is yours. The effort that goes into being depressed can be diverted into finding things that delight you.

♎ Libra
Sept. 24 - Oct. 23
The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

♏ Scorpio
Oct. 24 - Nov. 22
Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

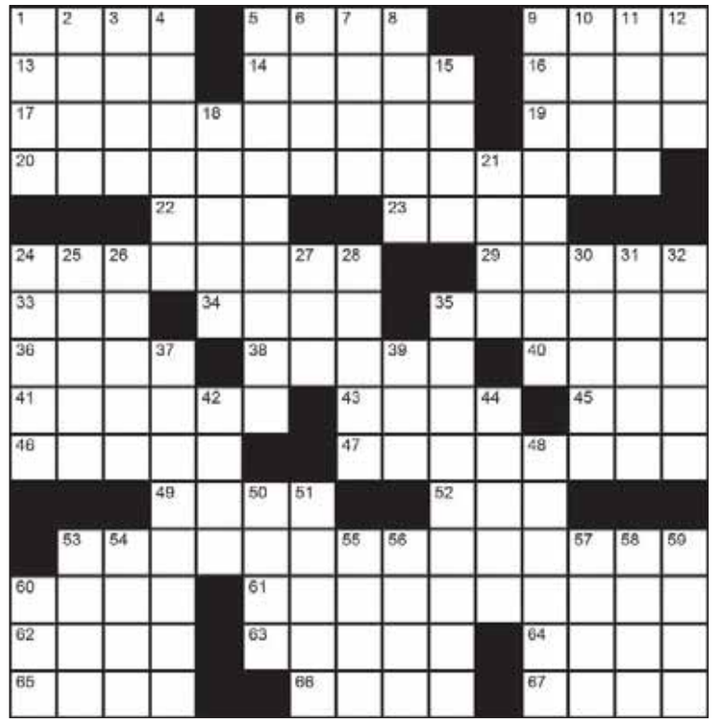
♐ Sagittarius
Nov. 23 - Dec. 21
You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

♑ Capricorn
Dec. 22 - Jan. 20
Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

♒ Aquarius
Jan. 21 - Feb. 19
Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

♓ Pisces
Feb. 20 - March 20
If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

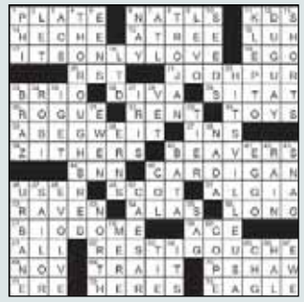
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Paul Bunyan's blue ox
5. Manitoba locale, with Flon
9. Look over
13. Mr. Rickman
14. Put together some sort of contraption: 2 wds.
16. Hawkeye State
17. East Coast people
19. Ceramics oven
20. Regina: RCMP __ __ Parade
22. Impair
23. Q. "__ '_ _' a show George Clooney starred on?" A. "Yes."
24. Richard Branson's space tourism company, Virgin __
29. Visual arts univ. in Halifax
33. Ginger drink
34. Deep Purple song
35. Scott of "Quantum Leap"
36. Faint
38. Words to live by
40. Annual, for short
41. Ancient temple complex in Egypt
43. Actor Paul
45. Caesar's 502
46. Do some PI work: 2 wds.
47. Actress Tiffani
49. Succeeds
52. Morse Code bit
53. Toronto, in the film industry: 2 wds.
60. Helvetica, for one
61. PEI: __-__-__óFort Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by __ Stevens
64. Isle of Scotland's Inner Hebrides
65. __ signs
66. Floral arrangement
67. Leave in, to an editor

Down
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name
4. "Return to Innocence": 1994 hit for __
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "_ __ Around" by The Beach Boys
8. Olympic runner nicknamed 'The Flying Finn', Paavo __ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma
15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. _ __ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. __ and whey
31. "Kate & __" ('80s sitcom)
32. "Another __ __ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "..._ __ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W __ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



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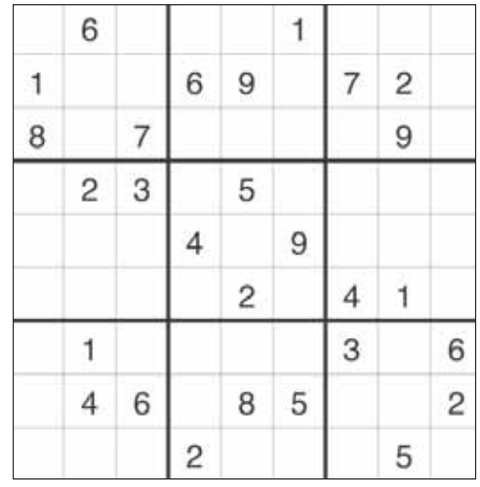
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	1
1	8	5	3	9	2	7	6	4
9	3	2	5	7	1	8	4	6
4	1	6	9	3	8	5	2	7
8	5	7	4	2	6	3	1	9
2	4	8	7	6	9	1	3	5
5	6	9	1	8	3	4	7	2
3	7	1	2	5	4	6	9	8

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